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# Calgary metro



Your essential daily news | TUESDAY, AUGUST 30, 2016

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AARON CHATHA / METRO

## ART & BIZ COLLIDE

**Festival dancers' movements incorporate PR theories**  
metroNEWS

## Kenney plan called into question

### POLITICS

### Jansen says new rules should bar Unite the Right

A potential candidate for the leadership of Alberta's Progressive Conservatives says rules adopted by the party should end the bid by Calgary MP Jason Kenney to merge the province's two right-of-centre parties.

Sandra Jansen noted the rules released by the PC board of directors on the weekend forbid any leadership candidate from taking actions that would harm the party.

"If his goal is to collapse the PC party, then it would appear that he doesn't fit the criteria for running for leader," Jansen said Monday.

But she added she'll leave it to the PC party executive to deal with the question when the leadership race formally begins Oct. 1.

"That's not my call to make. I respect the board's autonomy in making decisions about who can and cannot run and we'll leave it to them," said the Tory member of the legislature for Calgary North West. Kenney has yet to respond to the leadership race rules.

The board voted to include a clause from the 2014 campaign that said candidates must "avoid causing harm or disrepute to the (Progressive Conservative Association of Alberta) and its brand through any detrimental action or conduct."

Party president Katherine O'Neill declined to speculate Sunday on what the harm rule means for Kenney. She called any response hypothetical, given that no candidate can formally enter the race yet.

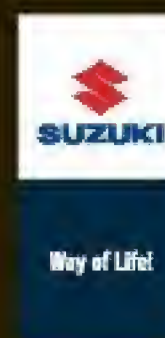
Kenney is running on a platform to merge the PCs with the Opposition Wildrose to create a new party to challenge Premier Rachel Notley's NDP in 2019. THE CANADIAN PRESS



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# School project out of this world

SCIENCE

## Students to send probe to edge of space

**Mathew Silver**  
For Metro | Calgary

Forget Bill Nye's instructional videos, a group of Sir Wilfrid Laurier School students are taking their school science project from the classroom into the stratosphere.

The junior high students designed and built a functioning space probe that will be attached to a high-altitude balloon and launched into near-space from the Esrange Space Center in Sweden.

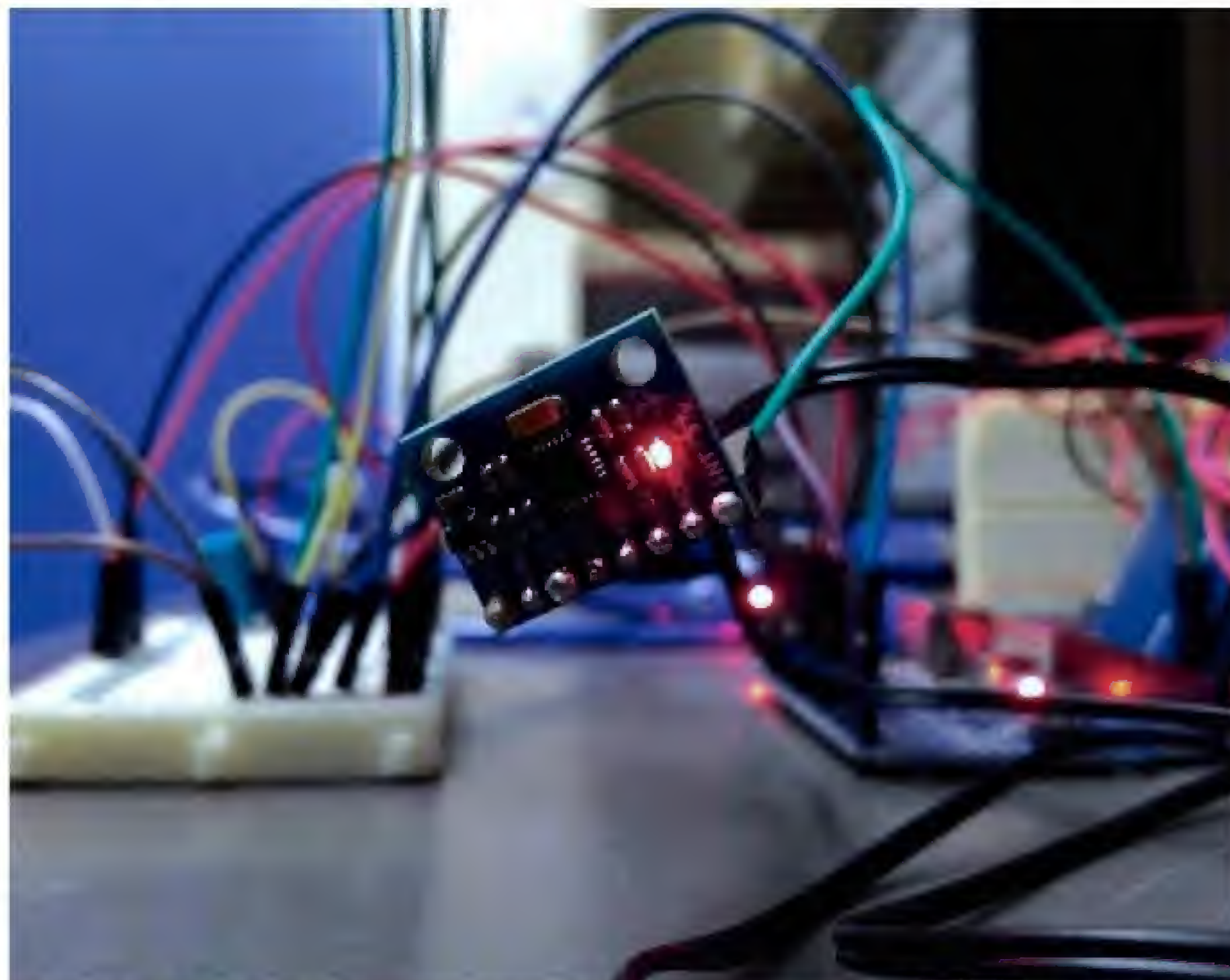
And when the probe takes flight on Wednesday, what started as an after school project will have evolved into a bona fide story of space exploration with the help of the Canadian Space Agency.

It wasn't long ago that Jamie Parkinson, the teacher overseeing the project, was cold calling the CSA to organize a project for his students.

When they finally returned his call he enlisted the likes of Payal Wadodkar and Risat Hauge to lead the project.

It took about 20 students from January to June to complete the project under the advisement of several CSA engineers.

The probe, which was aptly named Lightning, is made of a dense polythene shell, and features a camera, GPS,



Students at Sir Wilfrid Laurier built a space probe from scratch with help from their teacher and the Canadian Space Agency.

COURTESY JAMIE PARKINSON

and several sensors to detect everything from temperature to humidity.

The students also built

Lightning on a budget, with Parkinson estimating that the project cost less than \$100 all in. Once completed it

was sent to the John H. Chapman Space Centre in Quebec, where it was forwarded to Sweden for the launch.

Parkinson said that the project is most valuable for its real world applicability, something that can get lost

### + LAUNCH

The balloon will fly for approximately 14 hours and reach altitudes in excess of 82,000 feet.

During the flight the probe will be exposed to temperatures ranging from 30 C to -60 C, and take measurements of the Earth's magnetosphere, temperature, humidity, and air pressure.

As the probe rises, the pressure on the inside of the high-altitude balloon increases as outside pressure decreases, causing the material to expand until it breaks.

The probe then parachutes back down to Earth, where the CSA will retrieve it and collect the data.

in the modern day educational schema.

"It's so motivating for the kids, otherwise they are learning about the atmosphere from a textbook," he said.

Wadodkar, who enters her first year at Nelson Mandela High School in the fall, will be following live updates of the event when the balloon launches at 9 p.m. MST.

She said she is nervous to see what the probe discovers.

"I'm very curious about the data that we're going to get back. We plan to study it, analyze it, and grow our knowledge about space even more."



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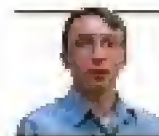
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# Startup site is shipshape

## BUSINESS

### Old shipping container now place to try out retail ideas



**Brodie Thomas**  
Metro | Calgary

It's like a starter home for businesses.

The International Avenue BRZ is using a refurbished shipping container on the corner of 17 Avenue and 42 Street SE to give aspiring retailers a taste of owning a business.

Carla Da Costa, Emerge Market project manager, said the BRZ started with a shipping container, which they divided in half and fitted with windows and doors.

The container was then set up beside artBOX on 17E.

Momentum, Co-operators, and the Calgary Immigration Education Society all helped with the project as well, according to Da Costa.

She said the city has also

been a big help, giving them a secure place to store the shipping container until the permit was ready.

Jennifer Jensen is one of the two retailers set up in the container. Her store Calgary Thrift is selling used clothing, with most items going for just \$1.

"For me, it was the perfect place and time to do this," she said.

Jensen already runs a consignment shop, but she sees this as an opportunity to test the market in another part of the city.

Next door, Charmain Trofin is testing the waters for her business idea: LOL Café and Bookstore.

She's selling books and artwork, since she can't sell food from the container, but hopes to open the full vision of her business in another location



**For me, it was the perfect place and time to do this.**

Jennifer Jensen



Carla Da Costa and Rebecca Gould stand outside the Emerge Market popup retail space on 17 Avenue SE. The container gives aspiring retailers chance to test the waters. BRODIE THOMAS/METRO

based on what she's learned.

The BRZ hopes to place the container in a new location next summer, and rent it out to a new entrepreneur each month.

"We want to give as many people the opportunity as possible," said Da Costa.

"I'm certain the more the name gets out there, the more people are going to be inter-

ested in it."

In addition to the container, more vendors are turning out at artBOX every second weekend. Check out [emergemarket.ca](http://emergemarket.ca) for dates and times.

## PROVINCE

### Mortgage arrears rising

Canada's mortgage insurance agency is reporting a 52 per cent increase in the number of insured home loans in arrears in Alberta, as low oil prices weaken the provincial economy.

Canada Mortgage and Housing Corporation says in its second-quarter report that payments on 1,487 mortgages in Alberta were three months or more overdue as of June 30 — up from 978 at the same time in 2015.

The numbers are in stark contrast with those in British Columbia, Ontario and Quebec, which all posted hundreds of fewer loans in arrears in the same period.

Ontario's rate of troubled loans is the lowest in the country at less than a fifth of a percentage point, while Alberta's is 0.41 per cent and Saskatchewan's is 0.69 per cent.

CMHC says its Canadian arrears rate fell slightly over the year but remains at about one-third of one per cent of its portfolio. THE CANADIAN PRESS

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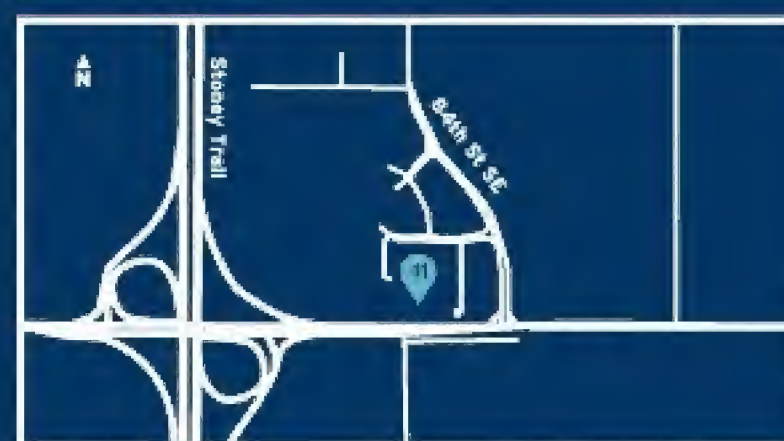
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## CONFERENCE

## Sex abuse turned Kennedy into 'zombie'

Sheldon Kennedy says being sexually abused for years by his junior hockey coach Graham James turned him from a "goofy, slightly mixed-up kid" who dreamed of the future into little more than "a zombie."

The former NHL player turned advocate for sexual abuse victims still seems ill at ease when talking about his own experiences, even though he was the first victim to come forward 20 years ago.

But talk about them he does.

On Monday, he was before an international audience of front-line agencies, policy-makers and researchers from 42 countries sharing ideas on how to protect children from abuse and neglect.

Pacing back and forth on stage at a conference of the International Society for the Prevention of Child Abuse and Neglect, an emotional Kennedy recounted the circumstances that began when he was playing for the Western Hockey

League's Swift Current Broncos.

"It wasn't, for me, a one-time thing with Graham James. It was every time I was with him," he recalled.

"And it wasn't just about the physical piece of it. It was about the mental manipulation and the confusion and the isolation that comes with their obsession over you."

James would go to prison for sexually abusing Kennedy and is still serving time for preying on a number of other players. He

is currently seeking full parole.

Kennedy's career in the National Hockey League spanned less than 10 years. He developed alcohol and drug problems as he struggled to come to terms with what had happened.

In 2013, he helped facilitate the opening of the Sheldon Kennedy Child Advocacy Centre in Calgary. It brings together under one roof the services of police, social workers, medical staff, psychologists and prosecutors.

THE CANADIAN PRESS



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**Mary Beth Eckersley**

We've all heard the cancer stories, read the stats, and most likely have experienced the impact of cancer up close and personal or with someone we love. In fact, if there's one thing Albertans can agree on, it's that no one wants to hear the words, "you have cancer." Mary Beth Eckersley has heard it twice. More than 30 years after surviving a cervical cancer diagnosis, she was diagnosed with an aggressive type of breast cancer. "If I had this cancer back when I was diagnosed with cervical cancer, I wouldn't be here celebrating life," says Mary Beth. "I am so grateful to the Alberta Cancer Foundation and the Tom Baker Cancer Centre for every moment I have to continue being a proud advocate for cancer research here in Alberta."

Mary Beth was treated at Calgary's Tom Baker Cancer Centre

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Meghann Michalsky and Matt Hall will present their piece Smokescreen at this year's festival. AARON CHATHA/METRO

## Movement, PR combine in dance

### ALBERTA DANCE FESTIVAL

### Choreographer enters final stage of rehearsals



**Aaron Chatha**  
Metro | Calgary

When presenting her work, choreographer Meghann Michalsky isn't looking to hear thunderous applause — she wants still silence and an enraptured audience.

She's one of the choreographers presenting a piece in the 35th annual Alberta Dance Festival. This year's theme, bold moments in time, ties into her piece through the work of Edward Bernays, father of modern public relations.

"Bernays used public relations and advertising tactics to connect feelings with a product," Michalsky explained.

They're trying to use Bernays theories and practice and tie it into the physicality of dance, using themes of control and manipulation in their move-

ments. The ideas are bolstered by the work of her long-time collaborator Matt Hall; he adds tech and multidisciplinary arts to the piece.

Every year choreographers are invited to take part in the festival, put on by Dancers' Studio West, and create pieces that will challenge audiences.

Michalsky said Calgary doesn't have many larger-scale opportunities to show off the work of dancers, and is thankful for the continued existence of the festival.

Hall said it's generally a battle in Calgary to find space and opportunities for dance and arts in Calgary.

"For dancers in the community this is one of the only festivals that offers music advisers, outside eyes — a creative intensive where the artistic director watches and gives up valuable feedback," Michalsky said.

The festival takes place on Sept. 8-10 at the Pumphouse Theatre, where Michalsky's piece Smokescreen will be performed. The festival returns to the venue a week later, from Sept 15-17, with a different set of choreographers.

For more information, visit [www.dswlive.ca](http://www.dswlive.ca).



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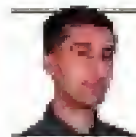
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# Provocative rockers get a gig at alternate venue

## MUSIC

## Fans harass women online after Palomino cancels show



**Aaron Chatha**  
Metro | Calgary

A week after Calgary's Palomino pulled the band Black Pussy from a scheduled show — due to public outcry over their name — a new venue has contracted the band: Distortion.

The Palomino management apologized after music festival Femme Wave threatened to pull shows from the venue, and blasted the venue online, leading management to cancel the band's appearance.

In an email statement, Distortion general manager Katie Bevan said they were approached by a large number of people in their music community to put on the show.

"After a few days of research we decided that Distortion would go ahead with it," she said.

Local feminists, music lovers and activists said the name further marginalizes women of colour with undertones of objectifying their genitalia, slavery and rape.

The band's Facebook page notes their name originated from the lyrics in a Rolling Stones song entitled Brown Sugar. The song was originally named Black



Distortion has booked the band Black Pussy after the Palomino dropped them from their line up due to public outcry. FACEBOOK

Pussy, before widespread release.

Calgary comedian Adora Nwofor, who has spoken out against the band's name online, said it's not offensive simply because of the two words.

"It's offensive because it's being used by people who have not been affected by this type of experience," she explained.

"They are only using the name for controversy, and that is a dis-

service to every black woman who has ever been raped."

### Fans harass women online

In the days since the controversy erupted, Black Pussy's fans have been quick to defend the band — which has resulted in a wave of online harassment and threats toward any woman who spoke out about the band online.

"Feminist are pieces of s - t, f - k of (sic) and die," read one online comment directed at AA, who did not want to reveal her real name out of fear it would invite more hostility. AA had given the Palomino a negative

review on Facebook.

She received more than 50 messages, almost entirely from men, threatening and berating her for speaking out.

"It's exhausting to deal with the onslaught of comments that came forth pretty much anonymously online," she said.

After the Palomino dropped the band, AA changed her review to a positive one — but continues to get harassing messages.

Nwofor was also harassed online, but it took a different tone.

"I see mostly white men and white women there, addressing each other, and ignoring the fact

that I said, hey, black lady here," she explained. "For me, it's very frustrating. People of colour already don't have a voice, and here I am and you're pretending I'm silent. I'm not."

AA said if a culture like that exists around the band online, it makes her fearful of what the culture would be at the show.

Bevan said Distortion is a safe room, which has never had a fight, and the room will be staffed accordingly for the night.

On their Facebook page, the band defended their name but told fans that inflammatory comments do not help their cause.

**“They are only using the name for controversy, and that is a disservice to every black woman who has ever been raped. Adora Nwofor**

## POLICE CORRUPTION

## Court date set for 6 accused

Six people accused in a corruption case that involves current and former members of the Calgary Police Service are next to appear in court on Sept. 9.

When charges were announced in June, police said the group would be in court Monday.

But in July the prosecution filed direct indictments, meaning the case is going directly to trial.

Police allege that Kenneth Carter hired former officer Stephen Walton, who was working in security, to follow his former wife and report on her activity.

Police say that Walton allegedly hired three members of the police service, who have also been charged.

Also facing charges is Walton's wife, Heather, a former civilian member of the police service.

The officers accused are Bryan Morton, Bradford McNish and Anthony Braille, who was dismissed on an unrelated matter earlier this year.

THE CANADIAN PRESS



## IN BRIEF

### Searchers confirm identity of body found in Bow Valley

Searchers in Kananaskis Country west of Calgary confirm a BASE jumper who had been reported missing was found dead Sunday.

Rescue crews responded to a call at Grotto Mountain and recovered the body of the wing-suit jumper in the Bow Valley. The name of the deceased has not been released.

Earlier this month, another BASE jumper died in a leap from Ha Ling Peak in the same area. BASE jumping is parachuting or wing-suit flying from a building, antenna, bridge or cliff. THE CANADIAN PRESS

## CRIME

## Mother of murdered woman devastated by re-release of accused



**Lucie Edwardson**  
Metro | Calgary

Stephanie English said her faith in the justice system continues to be shattered.

Stephanie is the mother of Joey English, the Calgary woman and mother of two, whose body parts were found dumped in a lightly-forested area of Crescent Heights June 8. According to police Joey's body parts were scattered in multiple locations across the city.

Stephanie said she's appalled that Joshua Weise, accused of indignity to human remains in Joey's case, was

allowed to walk free from jail for the second time, Monday, after being re-arrested for breaching his release conditions.

"Is the justice system trying to torture me and my family — because they are," she said. "How can we walk free knowing this

man who took Joey from us is walking free through Calgary with us."

Earlier this month, Stephanie told Metro she still hadn't been able to bury Joey, as police continued to search for parts of her body.

Stephanie said the release of Weise sends a message to families of Missing and Murdered Indigenous Women that the justice system doesn't care

about them.

"It's really devastating. It's not only affected our family but it's affected the communities down south," she said. "How can this be? I am in a nightmare."

Stephanie said her family is also currently looking for new legal representation, as they're unhappy with the Crown prosecutor, Ken McCaffrey, currently representing them.

"I'm just really shattered with this justice system," she said.

Weise is expected back in court Sept. 22.



Stephanie English holds a photo of her daughter Joey. JEREMY SIMES/FOR METRO

**“I'm just really shattered with this justice system.**

Stephanie English





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# Protests force cancellation of Energy East hearings

## PIPELINE

### Three rowdy protesters are facing charges

Protesters forced the cancellation on Monday of the first day of hearings in Montreal into TransCanada's Energy East Pipeline project with police making three arrests.

A spokesperson for the National Energy Board (NEB), the federal regulatory body reviewing the project, could not confirm as of Monday afternoon if Day 2 of the hearings would go ahead as planned Tuesday.

One man charged at the three NEB commissioners seated at the front of the room minutes before the hearings were set to begin but was grabbed by security officers.

"TransCanada will not pass," he screamed as police dragged him away from the downtown conference room.

A 44-year-old man and 29-year-old woman were charged with obstruction and released, while

a 35-year-old man was charged with obstruction and assaulting a police officer and remained detained as of Monday afternoon.

Police originally said the 44-year-old was also charged with assault.

Montreal Mayor Denis Coderre, along with the mayor of nearby Laval and other municipal representatives, walked out of the hearings not long after the demonstrators charged in.

Coderre was the first person scheduled to give testimony Monday but chose instead to leave, calling the protests a "masquerade." He and many provincial politicians and First Nations groups oppose TransCanada's project to transport crude oil from Alberta to New Brunswick.

"There are too many problems we are witnessing to accept the project," Coderre told reporters after he decided to leave the hearings. "We're saying the project (TransCanada) presented is wrong, it's bad and we don't have the answers. And frankly one of the main issues is contingency plans, everything regarding safety." THE CANADIAN PRESS



A demonstrator is arrested after disrupting a public hearing into the Energy East pipeline project on Monday. THE CANADIAN PRESS

## WINNIPEG

### Trump bunny needs a home ... and a haircut



**Stephanie Taylor**  
Metro | Winnipeg

The Winnipeg Humane Society is hoping to make one bunny's life great again.

Donald Trump is a fluffy blond rabbit turned over to the humane society's care at the beginning of the month, and as of Monday, he's available for adoption.

Just one look at him and it's easy to see why staff named the critter after the real estate mogul turned reality TV star turned controversial presidential nominee.

"It was the hair on him, real-



Donald Trump and his namesake. CONTRIBUTED

ly," communications director Kyle Jahns said Monday. "He just had a wackier ... wild hairdo, which could have been molded in a similar Donald Trump fashion."

Jahns said the rabbit is sweet, even a bit shy, at first meeting.

"I don't think he's anything like the guy that's he's named after," he said.



## BANGLADESH

### Detained student may be closer to freedom: Lawyer

Tahmid Khan has been detained in Bangladesh for nearly 60 days, but a lawyer working with his family hopes the killing of an alleged Canadian terrorist in that country could bring the University of Toronto student

one step closer to release.

Police in Bangladesh killed three suspected militants in a raid Saturday near Dhaka, the country's capital. Among those reportedly shot dead was Tamim Chowdhury, a Canadian-Bangladeshi citizen with suspected ties to Daesh. TORSTAR NEWS SERVICE

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# Thousands of migrants saved on risky sea route

LIBYA

## NGOs rescue 3,000 people trying to cross Mediterranean

Italian naval ships and vessels from non-government groups rescued thousands of migrants off the Libyan coast on Monday, the latest surge in desperate attempts to flee to Europe driven by war, poverty, and human traffickers.

The dramatic operation took place just 21 kilometres north of the town of Sabratha in Libya. Groups such as Proactiva Open Arms and Doctors Without Borders helped take on some 3,000 people who had been travelling in some 20 small wooden boats.

In images and video by The Associated Press, migrants from Eritrea and Somalia cheered as the rescue boats arrived, with some jumping into the water

and swimming toward them while others carefully carried babies onto the rescue ships.

Tens of thousands of Africans take the dangerous Mediterranean Sea route as a gateway to a better life in Europe, alongside those fleeing wars from Syria to Afghanistan.

Libya's chaos and lack of border controls have turned it into a migrant transit route.

In June, the European Union expanded its anti-smuggling operation in the central Mediterranean to include training Libyan coastal and naval forces, which are intercepting boats and returning migrants to Libya, where some are being held in abusive conditions.

Rights groups and experts estimate that there are about 3,500 migrants held in roughly 20 official detention facilities across Libya. Others are held in informal detention centres controlled by criminal gangs or armed groups.

THE ASSOCIATED PRESS



Migrants, most of them from Eritrea, jump into the water from a crowded wooden boat as they are helped by members of a non-governmental organization. THE ASSOCIATED PRESS

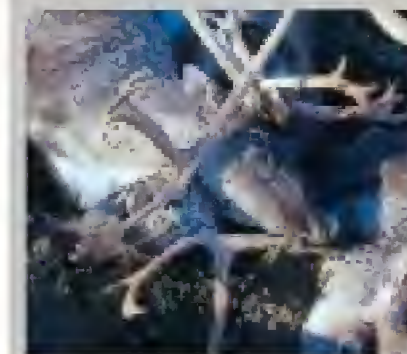
### IN BRIEF

#### 323 reindeer killed by lightning in Norway

More than 300 wild reindeer have been killed by lightning in central Norway.

The Norwegian Environment Agency has released eerie images showing a jumble of reindeer carcasses scattered across a small area on the Hardangervidda mountain plateau. The agency says 323 animals were killed, including 70 calves, in the lightning storm Friday.

Agency spokesman Kjartan Knutsen said it's not uncommon for reindeer or other wildlife to be killed by lightning strikes but this was an unusually deadly event. THE ASSOCIATED PRESS



Three wild reindeer that were struck by lightning. AFP/GETTY IMAGES

SEXTING

## Clinton aide Abedin dumps Weiner over new scandal



Huma Abedin and husband Anthony Weiner

THE ASSOCIATED PRESS

Hillary Clinton aide Huma Abedin is done playing the good wife to Anthony Weiner, announcing Monday she is leaving the serially sexting ex-congressman after he was accused of sending raunchy photos and messages to yet another woman.

Abedin, who as vice-chair of Clinton's campaign is destined for big things if the Democrat is elected president, stayed with Weiner after a sexting scandal led him to resign from Congress in 2011 and after a new outbreak of

online misbehaviour wrecked his bid for New York mayor in 2013.

But on Monday, she effectively declared she had had enough.

The New York Post published photos late Sunday that it said Weiner had sent last year to a woman identified only as a "fortysomething divorcee" who lives in the West and supports Republican Donald Trump. The photos included two close-ups of Weiner's bulging underpants.

THE ASSOCIATED PRESS

VATICAN CITY

## Facebook's Mark Zuckerberg and Pope Francis meet IRL

Pope Francis has met with Facebook founder and CEO Mark Zuckerberg and Zuckerberg's wife, Priscilla Chan, at the Vatican.

Vatican spokesman Greg Burke says one topic of discussion at Monday's meeting was "how to use communication technologies to alleviate poverty, encourage a culture of encounter, and make a mes-

sage of hope arrive, especially to those most in need."

The atmosphere appeared informal, with the chat taking place in the Santa Marta residence, the guest house in Vatican City where the pope lives.

Zuckerberg wore a dark suit and tie for the occasion while Chan wore a black, knee-length dress.

THE ASSOCIATED PRESS



Pope Francis shakes hands with Mark Zuckerberg on Monday.

HANDOUT/AFP/GETTY IMAGES



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## WEARABLE DEVICES

## Fitbit makes exercise even more of a game

Fitbit wants to help you exercise more by making you think you're hiking famous trails instead of strolling around your neighbourhood. The new motivational feature, called Adventures, will be available to all Fitbit users through a free app update Monday.

The feature tracks the distance you've walked or run and maps it against actual trails, starting with three at Yosemite National Park in California. The Fitbit app will unlock badge-like

images of trail landmarks — say, a scenic waterfall at mile 5 — as you progress. Other rewards include “fun facts” and health tips along the way. Fitbit will add other destinations, including the ability to “run” the course of the New York City Marathon.

One of Fitbit's most popular features has been its ability to let friends and family compare steps they've taken throughout the day. Fitbit says those who participate in such challenges tend to take 30 per cent

more steps. The company says Adventures is designed to offer similar challenges even if people haven't assembled real-life groups.

The feature might help some users stick with step tracking and other fitness measures after the novelty wears off. People who keep using their Fitbits are more likely to tell their friends about them, and to upgrade to more advanced models themselves, analysts say.

THE ASSOCIATED PRESS

## + OLDER DEVICES

Fitbit is updating the 2013 Flex and the 2014 Charge to bring them in line with what newer devices and rivals offer.

Besides tracking steps and sleep, the Flex 2 and the Charge 2 will remind people to take breaks throughout the day.



Online auction company eBay is urging Canadian businesses to go on a letter-writing campaign demanding a legislated end to the labour dispute at Canada Post. THE CANADIAN PRESS FILE

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## eBay wants Trudeau to end dispute

CANADA POST

### E-commerce giant urges businesses to write to PM

E-commerce giant eBay urged Canadian businesses on Monday to write to the prime minister and demand a legislated end to the labour dispute at Canada Post as a threatened work disruption was once again put on hold.

Launch of the letter-writing campaign came as contract negotiations between the Crown agency and its biggest union stretched into overtime.

While government officials expressed optimism that a 24-hour extension of the talks would break a months-long impasse over pensions and wages, small and medium-sized businesses have heard it before, said eBay Canada managing director Andrea Stairs.

"Negotiations are ongoing, but we don't see a solution coming down the pipe," Stairs

said in a telephone interview.

"So we really felt it was time for the prime minister to get involved."

The letter, emailed to eBay sellers and addressed to Justin Trudeau's Langevin Block office in Ottawa, encourages the prime minister to "explore legislative solutions to the current situation" at Canada Post and warns that businesses are being harmed by uncertainty about whether parcels will be delivered.

"eBay sellers, like other small and medium businesses across Canada, have been dealing with this uncertainty for months," the letter states.

"We have been forced to adapt our businesses and make other shipping arrangements for our goods."

Talks continued over the weekend with the aid of a special mediator and threatened job action by the union's 51,000 members was halted under a 24-hour extension aimed at reaching a last-minute agreement before midnight Monday night.

THE CANADIAN PRESS

### IN BRIEF

#### Apple expected to unveil new iPhone next week

Apple is expected to show off a new iPhone on Sept. 7 at its fall product launch event in San Francisco. Apple may also show new models or features for other products like the Apple Watch or MacBook computer.

THE ASSOCIATED PRESS

### market minute

	<b>DOLLAR</b> 76.79¢ (-0.13¢)
	<b>TSX</b> 14,682.01 (+42.13)
	<b>OIL</b> \$46.98 US (-66¢)
	<b>GOLD</b> \$1,327.10 US (+\$1.20)

**NATURAL GAS:** \$2.90 US (-2¢)  
**DOW JONES:** 18,502.99 (+107.59)



## ROSEMARY WESTWOOD in Vancouver

### The B.C. Liberals' new climate change policy is a futile attempt to balance what's desperately needed with what's politically expedient — and it provides a perfect example of a society frozen in inaction

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: The environment.

Even those who don't often dream will likely have had this one: You are alone, and in danger. Some evil is about to fall, but you can't move or even scream. The doom approaches, and you're stunned, useless.

This, broadly, feels like our collective response to climate change.

Certainly, this is the moment of impending catastrophe. In just the last few weeks, one scientist predicted that "next year or the year after, the Arctic will be free of ice"; Rolling Stone magazine warned we've reached "the point of no return," that sea levels could rise 10 times faster than predicted, and suggested "historians may look to 2015 as the year when shit really started hitting the fan;" the small village of Newtok, Alaska, has voted to relocate as rising waters erode the town's land; global coffee production is estimated to be halved by rising temperatures; and a New York Times map of projected temperatures across the U.S. showed 100-degree-Fahrenheit days soaking the continent by 2100, like some deadly red dye.

Tossed into this whirlpool of bad news is the B.C. Liberals' much-anticipated climate change policy, providing a perfect example of a society frozen in inaction.

Released last week, it's a document written for gentler a time — or a time when we had time on our side. Tom-

Pierre Frappé-Sénécléuze, a senior advisor at the Pembina Institute, described it as "disappointing," but another equally apt word would be "useless." Premier Christy Clark is seeking to balance something desperately needed — the curbing of greenhouse

newable energy technology to drive economic growth.

Pitting climate change against the "economy" is a false dichotomy, he said, arguing green energy "is a trillion-dollar market, globally." While the policy requires that the liquefied natural gas industry

would be politically expedient.

It's not that we don't care about irreversible changes to the world that could wreak havoc on the food supply, force mass migration that would make the situation in Europe seem manageable, upend global trade and slap a



B.C. Premier Christy Clark, back left, and B.C. Environment Minister Mary Polak plug in an electric vehicle before announcing the province's climate action plan in Richmond, B.C., on Aug. 19. DARRYL DYCK/HE CANADIAN PRESS

gas emissions — with something politically expedient — the protection of gas prices at the pump, as well as "jobs" and the "economy."

The carbon tax will remain frozen, instead of increasing by \$10 per tonne a year, as the province's Climate Leadership Team recommended. Since the province is already off track in meeting 2020 emissions targets set in 2007, the new plan aims to keep a promise to reduce emissions by 80 per cent from the 2007 level by 2050, suggesting accountability is really only important a few decades from now.

The policy makes a few weak gestures to the future, said Frappé-Sénécléuze (like increased tree planting and electrical car charging stations), while missing two key opportunities: increasing the carbon tax and investing in re-

duce leaked emission and methane by 45 per cent by 2025. Frappé-Sénécléuze sees those as efforts to prop up an existing resource industry at the expense of developing new energy sources.

"Everybody right now is given a free cheque to pollute," Frappé-Sénécléuze said, and that "has a real effect and a huge cost to our children."

But not, necessarily, to us. And certainly not to the premier's political career. Whatever haunts Clark's dreams, it's clearly not climate change.

It should be obvious to us all that an insufficient amount of fear around environmental changes will be disastrous. But the B.C. Liberals aren't alone in their blasé response.

If we all took climate change as seriously as we should, high carbon taxes and big investments in renewables

foreclosure sign across Whistler Blackcomb. It's that we can't quite seem to care more about them than we do our current conveniences.

There are undoubtedly some people for whom a gas hike would be a genuine economic hardship (and the premier's own Climate Leadership Team suggested ways to mitigate that impact), but the truth is most of us could manage to pay more.

If we don't want to, than that's just our petty preferences. And if we continue to prioritize the status quo — out of sheer laziness, let's face it — then politicians will continue to offer limp policies, and we'll all get the apocalyptic future we deserve.

**Tomorrow:** What it takes to rent a place in Canada's most competitive market.



## Why not take a walk on the city's wet side?

KLASZUS' CALGARY

Jeremy Klaszus



Calgarians may be a landlocked people, but that doesn't mean we can't spontaneously step into the river every now and then.

I'm not talking about going in for watersports like boating and fishing. I'm referring to more casual encounters with the Bow River, our main watercourse.

In many places, the city hasn't been built to facilitate this. Major roadways, such as Bow Trail and Memorial Drive, cut us off from parts of the river. Even where there are riverside pathways, a little bush-whacking is often needed to get to the water.

But it's worth it. If you're willing to clamber down a few rocks, you can kick off your shoes and easily wade into the water up to your ankles or knees. Doing so lets you see the city from a new perspective.

It also gives a sense of orientation: We are, at our core, a city built at the confluence of two rivers.

(Don't wade in the Elbow River for now, though, as it's under a contaminated water advisory between Sandy Beach and 9 Avenue S.E. due to fecal coliform. Yuck.)

Depending where you are, stepping into the Bow feels odd, almost intrusive. One wonders: Am I even allowed to be here — to just go in, without some kind of sports apparatus?

Calgarians seem to prefer going in with gear. On summer weekends, the river is full of rafters, joined by a smattering of canoe paddlers, fishers, kayakers,

paddleboarders and river surfers (at the wave by 10 Street NW).

All of that is great, but there is a place in the water for the non-gear human, too.

Maybe it's because Calgarians tend to be outdoorsy types who like activities such as hiking, skiing and snowboarding, but I think we perhaps jump too quickly to watersports, to the neglect of simpler encounters.

Not that they don't happen. You can find such interactions at spots like Edworthy Park.

There, it's common to see people playing in the water. There are rafters, but you also see people wading with their shorts rolled up, soaking their hair, having fun.

What I love about places like that is often you start with a separate activity such as a picnic or a walk, and end up in the water. It's unplanned and spontaneous. The river has a way of pulling you in.

With riverside access limited throughout the city, the places where this happens are few and far between.

That's slowly changing, as the city seeks to better integrate the river — one of Calgary's best natural features — into our everyday lives.

The newly redeveloped St. Patrick's Island, for example, includes a wading area with a pebbly beach. On warm summer days, it draws a lot of people.

With fall coming, the time for such encounters is limited. Go stick your toes in the Bow, before it's too late.

**Jeremy Klaszus** is a freelance journalist and stay-at-home dad.

**If we all took climate change as seriously as we should, high carbon taxes would be politically expedient**

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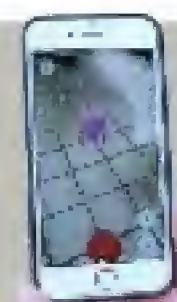
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Want to look buff? Erick Fleishman says there are three important keys to physical transformation: exercise, diet and sleep. And sleep is the most important. TORSTAR NEWS SERVICE

## How to get Hollywood muscle

### INTERVIEW

#### Trainer shares what's needed to get as buff as your screen idol

A short drive from Warner Bros. and Universal Studios in California, you'll find Erick Fleishman.

Herculean in size, he looks like an extra in Game of Thrones — but he just trains them. He's also worked with much of the cast of AMC's The Walking Dead. Now he's released a how-to manual and mobile app package called Hollywood Muscle.

Fleishman stopped in Toronto for the Canfitpro World Fitness Expo, how to go from weakling to warrior.

This interview has been condensed for clarity and brevity.

#### What's the key to physical transformation?

Three things: exercise, diet and sleep. Of the three, the most important is sleep. You'll hear many fitness professionals tell you that it's 90 per cent diet but they're not telling you the truth. But the magical element in the science of change that causes the physical transformation is sleep.

When it comes to physical

transition, the hours before midnight are worth nearly twice as much as the hours after midnight. The version of you that goes to bed at 10 p.m. and wakes up at 6 a.m. is actually better looking and changes more than the version of you that goes to bed at midnight and wakes up at 8 a.m.

#### Let's talk nutrition for different body types.

When it comes to men, there are basically three options that I give all actors.

**Option No. 1:** I could turn him into what I call a "sleek ninja." I could take a normal-looking man and make him



#### I can make a normal guy look like Tarzan

Erick Fleishman

smaller, tighter, sinewy, very much like Bruce Lee. If your readers want to look like a sleek ninja, I would put them on a strict diet of egg whites, tuna, salmon, green salad. It would be a very lean diet with protein sources that encourage



the body to be small but sleek.

**Option No. 2:** "Lord of the jungle." I can make a normal guy look like Tarzan. Tarzan has broad shoulders, a small waist, increased pectorals that are high and flat on his torso, like two dinner plates. If they

want to look more like Tarzan, I would add in some whole eggs to that diet, some chicken and occasional steak and some turkey.

**Option No. 3:** "The Incredible Hulk." This guy is massive, covered in muscle. The type of person you see walking down the street and you cross the road because you don't want to be near the person. I can give him excess physical relevance.

If they want to look like the Incredible Hulk: whole eggs, cottage cheese, steak, beef in general — those things would encourage size.

TORSTAR NEWS SERVICE

### RESEARCH

## Virtual baby simulators may increase teen pregnancy rates

Baby simulator programs are used around the world, often in hopes of preventing teen pregnancy — but a new study shows they might actually make girls more likely to have a baby.

The Australian research, published this month in the Lancet, found eight per cent of girls enrolled in a "virtual infant parenting" program had at least one birth, compared to four per cent of girls in a control group. Abortion rates were also higher, at nine per cent for the girls in the parenting program compared to six per cent in the control group.

"The program seemed to increase pregnancy, which is entirely the opposite of what we had hoped for," says lead author Sally Brinkman, of the Telethon Kids Institute at the University of Western Australia.

Brinkman's team followed several thousand girls from the ages of around 13 to 15 until the age of 20. The randomized controlled trial involved 57 schools in Western Australia. The program used by the participating schools is an Australian adaption of an American program from RealityWorks, which is geared

8 per cent

The Australian research, published in the Lancet, found eight per cent of girls enrolled in the program had at least one birth, compared to four per cent of girls in a control group.

TORSTAR NEWS SERVICE

towards pregnancy prevention. It involves an infant simulator — a doll that cries when it needs to be

fed, burped, rocked or changed and tracks crying time, improper handling, and other aspects of infant care.

Brinkman says it's not clear why the program may encourage teen pregnancy, but her team thinks it could be because it's an enjoyable, engaging experience for the participants.

"You get quite a lot of attention when you take care of one of these virtual babies," Brinkman adds. "It definitely didn't seem to put the girls off."

Similar programs are delivered in dozens of countries, includ-

ing Canada, but not always for pregnancy prevention.

In the Toronto District School Board, some schools use infant simulators as a teaching and learning resource for a high school course on raising healthy children, says TDSB spokesperson Ryan Bird. The course focuses on parenting skills, which an emphasis on maternal health, pregnancy, birth, and early child development.

Toronto parenting expert Alyson Schafer says both her daughters participated in a similar program at their high school

in Newmarket for a parenting course, and found the infant simulator dolls an "unrealistic" experience.

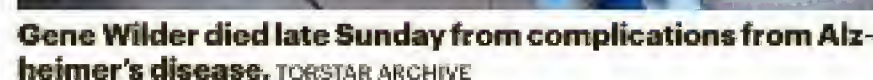
But she says the programs can be a "leaping off point" for parents to have conversations at home about how their children feel about caring for the virtual baby. "Most teen pregnancies happen because teenagers want something to love, and they think that having a baby will give them the love they can't get from their boyfriend, or whoever," she adds.

TORSTAR NEWS SERVICE



## OBITUARY

1. *How did you feel about the experience?*





# No shower week an odorous task

The dare: Go a week without showering. Here's how one writer fared in the challenge

**Carli Stephens-Rothman**  
Torstar News Service

I went on a four-week canoe trip when I was 15 years old. When it was over, my parents picked me up and we drove the two-hour trip home together.

Seconds after getting on the highway, my mother craned her neck through the open window like a golden retriever, shouting back that I smelled like "bonfire and corpses." She was laughing, but also gagging.

Curious, I stuck my finger under my arm and brought it to my nose. I couldn't smell anything but I trusted my mother — a woman who, due to a lifetime spent smoking, couldn't smell toast burning in the same room — and I vowed to never go a day, let alone a month, without bathing again.

When my editor asked if I'd like to write about going shower-free for a week, all I could think of was that car ride. The sound of my mother cackling and retching came flooding back to me instantly, like some kind of B.O.-P.T.S.D., and I felt immediately defeated.

After expressing the trepidation to my editor, she sent me an article to reference from the Atlantic, where a writer had stopped showering and loved it. He opened his piece by disclosing that he, too, felt skeptical about making the change at the outset. But after a few weeks, his body simply adjusted. He was no longer oily, or smelly, and concluded that we spend two whole years of our lives in the confines of our shower stalls, needlessly.

Reading this, I thought about what I might do with two years worth of free time. Immediately, images of a deep-soaker tub, candles and spa music came to mind.

This was going to be hard. I'd need to rewire.



Other than saving time and reducing fights with her boyfriend, Carli Stephens-Rothman's attempt to avoid bathing proved a bit too much to bear.

CONTRIBUTED

## Day1

Surprisingly, though, my first morning was both freeing and enlightening. I didn't have to bang on the bathroom door, screaming at my boyfriend that I needed to get in there right now, because I didn't actually need to. We squabbled over two things: shower time and radio stations. This new way of life could solve 50 per cent of our problems!

I left for the day feeling smug, as if I'd discovered the world's greatest life hack, and mentally planned my wedding as I walked to work. You see, we're not even engaged, but now that I knew the secret to success in relationships was steering clear of the bathroom, it would only be a matter of time. I arrived at work 30 minutes early, with a fantastic idea for reception catering.

## Day2

I awoke feeling even more determined. I dampened my hair in the sink, no shampoo, rinsed my face, no soap, and applied deodorant. The Atlantic guy said he used deodorant from time to time but, for me, it would be non-negotiable.

By day's end, although not feeling totally filthy, I did feel as if there was a slick film forming on my face. I went to sleep meditating on pimples, something I haven't dealt with since high school.

## Day3

I awoke in a terrible mood following a night of sticky tossing.

The temperature had shot up and the wobbly fan in the corner did little to make me comfortable as I slept.

Looking in the bathroom mirror, I touched my hair, which looked as if I'd been doing headstands in a frying pan. My sweat glands had revolted in the heat, so perhaps a cool rinse would be OK? I kept it to two minutes — phone timer set — and relished every second, not scrubbing.

Just before lunch, the new receptionist knocked on my door asking to speak with me. Someone has complained, I thought. Bonfire and corpses. Retching and cackling. I quickly pumped sanitizer into my hands hoping the antiseptic smell would overtake the aura of stench I imagined surrounded me.

"Sorry to bother you," she began, "do you know how to replace the paper towel in the washroom?"

As I showed her to the supply closet, I felt nervous-sweat (which is different than heat-sweat, FYI) in places I'd never felt sweat before, making dangerous matters worse.

When I left that night for the weekend, I walked home with my arms straight down and my palms pushed flat to my sides, in an attempt to hermetically seal my armpits, and made a plan to ride out the rest of the week-long challenge quarantined in the spare bedroom.

## Day4

Today brought an opportunity to go to the beach with friends. I shaved my legs in the sink, applied deodorant and put on a baseball hat. The lake water would be a nice cheat, I thought. It saddened me to discover, then, that the topic of conversation that afternoon would be a history of freshwater duck lice in that very lake.

I learned all about it as I stood waist deep in the waves! Fun fact: Duck Lice, also known as Swimmer's Itch or cercarial dermatitis, is extremely common in slow-moving freshwater.

I moved, not so slowly, out of the lake and sat on my towel, picturing tiny parasites having a party in the safe, damp, darkness of my bathing suit. The scratching began as soon as we got into the car. All evening, I scratched and scratched, raking my skin first with my nails, and then with a hairbrush.

I texted a fellow swimmer to see if she was itchy. She was not. I rubbed an oatmeal-based lotion into my legs, arms and pretty much everywhere else and then went to bed. Despite having no visible rash and being the only swimmer from the day experiencing irritation, I still knew it. "You have duck lice," my brain screamed. "You are disgusting."

Disregarding the phenomenon of psychosomatics, I vowed to dismiss the assignment. Tomorrow, I would shower. And probably burn my sheets.

## Day5

In the morning, I sprinted from my bedroom to the bathroom and cranked my shower to scalding. I methodically laid out a bathmat, grabbed a newly laundered towel and prepared to baptize myself in lightly scented gel-based body wash for combination skin.

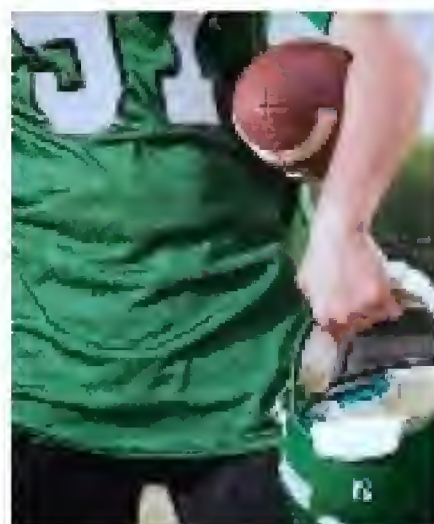
Once wet, I sang to myself as I lathered, rinsed and repeated. Twice. The imaginary duck lice was gone, I had dodged a pre-hormonal acne outbreak and... "Dude, can't you hear I'm in here? Wait your turn! Lalala!"

I had failed the challenge but I was fresh. And that's what mattered most. I'm certain I'm not unique to other human beings. Like the Atlantic guy, I probably would have levelled out after a few weeks. But as I learned on that canoe trip 14 years ago, the journey is just as important as arriving at the destination.

Perhaps one man's vanity is another man's sanity and maybe my reasons for wanting to bathe are a little bit shallow, but there's no place like a deep, deep bubble bath to contemplate those insecurities further.

## RESEARCH

# Playing sports with concussion doubles recovery time



In high school athletics, the rate of concussions is about three per 10,000 games or practices. ISTOCK

Continuing to play despite a concussion doubles recovery time for teen athletes and leads to worse short-term mental function than in those immediately removed from action, a study found.

It's billed as the first to compare recovery outcomes for athletes removed from a game or practice compared with those who aren't. The study was small, involving 69 teens treated at a University of Pittsburgh Medical Center concussion clinic, but

the results bolster evidence supporting the growing number of return-to-play laws and policies nationwide.

The study was published Monday in the journal *Pediatrics*.

The study involved athletes aged 15 on average from several sports, including football, soccer, ice hockey and basketball who had concussions during a game or practice. Half continued to play and took 44 days on average to recover from symptoms,

versus 22 days in those who were immediately sidelined.

Sidelined players reported symptoms immediately, including dizziness, headaches, mental foggy and fatigue, and were diagnosed with concussions by trainers or team physicians. The others, who continued playing for 19 minutes on average, delayed reporting symptoms and were diagnosed later.

Those who continued to play had worse scores on mental func-

tion tests performed eight days after the concussion and 30 days after the concussion. Medical records showed mental function had been similar in all players before their concussions.

Return-to-play policies are widespread, especially in youth athletics, and they typically recommend sidelining players after a suspected concussion until symptoms resolve. One of the main reasons is to prevent a rare condition called second-impact

syndrome — potentially fatal brain swelling or bleeding that can occur when a player still recovering from a concussion gets hit again in the head.

The study results show that a prolonged recovery is another important risk from returning to play too soon — one that "no one had really calculated" until now, said Dr. Allen Sills, a Vanderbilt University neurosurgeon. He was not involved in the research.

THE ASSOCIATED PRESS



Wayne Rooney will remain England captain but will be used as a deep-lying forward instead of a midfielder under new manager Sam Allardyce



## Smaller markets staking bigger bets on analytics

NHL

### Old hockey guard has been slow to take to spreadsheets

Remember the summer of analytics?

NHL teams tripping over themselves to hire the best and the brightest and hockey-based data analysts were going to turn spreadsheets into knowledge and deliver that extra edge.

It felt as if it was going to be a revolution.

Two years later — outside of growing comfort with terms like “puck possession” and “zone entries” — the sport neither looks nor feels revolutionized.

To some, high-profile oustings of analytics professionals through the summer signalled a counter-revolution by the old guard. But to its backers, the days of MoneyPuck are only beginning, with small-market teams such as the Florida Panthers leading the way.

“It’s inevitable that analytics will be as big a part of hockey as it is in other sports,” said author Rob Vollman, an analytics pioneer. “The use of analytics is inevitable. Certain teams will get an early lead. Certain teams are already getting an early lead. It’s only a matter of time before all teams have to play catch-up.”



Though loaded at centre, the Florida Panthers traded for Jared McCann, left, over the summer, convinced the 20-year-old is a can’t-miss talent. BRUCE BENNETT/GETTY IMAGES

There have been some notable hiccups for the pro-analytics camp, battles seemingly lost this summer that have slowed the pace of change.

• Tyler Dellow, one of the original analytics boosters, was let go in Edmonton.

• Matt Pfeffer was sent packing in Montreal, apparently for disagreeing loudly about the

Shea Weber-for-P.K. Subban deal.

“The Ottawa Senators felt that getting a karate instructor was a good investment, to get an edge,” Vollman said. “If they think there’s an edge to analytics, they haven’t been public about it.”

“Old-market Canadian teams have a traditional way of doing things. Whereas new market teams, like Florida and Nash-

ville, are a little bit more open minded, not grounded in traditional thinking, but applying what we’ve learned from other sports and other businesses into hockey.”

In Toronto, where the analytics community is loudest, there was downright concern that the organization was ignoring its analytics department in favour of an “old-school” approach with the signings of enforcer-type Matt Martin and rough-and-tumble defenceman Roman Polak.

Not true, says Leafs GM Lou

Lamoriello.

“I’m a total supporter,” Lamoriello said. “It’s a measuring tool that gives you an awareness that sometimes supports what you’re thinking, or allows you to think differently. It’s a tool that is valuable to decisions that are made.”

Largely, it’s the NHL’s smaller markets — some with smaller budgets — where analytics is making its biggest inroads.

• Arizona hired John Chayka, the league’s youngest general manager, who cut his hockey/analytics teeth creating the analytics business Stathletes.

• Carolina and Washington hired analysts recently.

• Nashville — while not having announced any analytics-based hirings — is certainly making analytics-based moves

• Florida bumped Dale Tallon — perhaps the league’s best judge of young talent — to make room for Tom Rowe and his stats-based assistant GMs Eric Joyce and Steve Werier.

The shift seems owner-driven, rather than driven by hockey’s front offices.

One theory: it’s cost-effective. “It costs a great deal less to hire a statistician than it does to hire a hockey scout,” Vollman said. “Statisticians are paid next to nothing, and there’s no travel budget, no overhead. It’s extremely affordable to hire one statistician, or five statisticians, as opposed to one scout.”

TORSTAR NEWS SERVICE

### IN BRIEF

#### Donaldson continues his power surge for Blue Jays

Josh Donaldson hit his fourth homer in two days and Jose Bautista also went deep in support of Marco Estrada, leading the Toronto Blue Jays over the Baltimore Orioles 5-1 on Monday night.

Toronto leads third-place Baltimore by four games in the AL East. The Orioles have lost four out of five and are clinging to the second wild card.

Donaldson hit a solo homer in the fourth to tie it 1-1. The AL MVP had three homers in a 9-6 win over Minnesota on Sunday.

THE ASSOCIATED PRESS

#### Raonic advances to second round of U.S. Open

Canadian tennis star Milos Raonic advanced to the second round of the U.S. Open with a straight-sets win over Germany’s Dustin Brown on Monday.

Raonic, of Thornhill, Ont., fired 15 aces to Brown’s two and totalled 41 winners en route to the 7-5, 6-3, 6-4 victory.

The U.S. Open is the only Grand Slam at which Raonic has yet to reach at least the quarter-finals.

THE CANADIAN PRESS



Milos Raonic GETTY IMAGES

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# Builder, racer, winner, Rheeder

## MOUNTAIN BIKING

### Canadian has scaled slopestyle mountain with win in Whistler



**Laurie Wilson**  
Metro | Canada

Brett Rheeder built his career from the ground up.

And the 23-year-old recently raised the roof on his stellar standing on the slopestyle mountain biking circuit.

Rheeder, who calls Mount Albert, Ont., home, won the Red Bull Joyride, the pinnacle of slopestyle with a dazzling run that left spectators and seasoned judges in awe.

It was "the best feeling in the world" for good reason, considering the frustrations he'd had on the course in the past.

"It was just like, 'Oh my god, I can't believe I did it,'" he said on a ferry from Nanaimo to Vancouver a few days after the Aug. 21 win. "What we work towards is doing runs like those."

In 2014 he finished third at the Whistler event proving himself as a perennial contender. Last year Rheeder landed in B.C. with the first-

ever Crankworx Triple Crown on the line after winning the first two legs in Rotorua, New Zealand, and Les Deux Alpes, France.

But on the day of the clincher, he didn't feel right. The historic implications, not to mention the physical and mental stress that comes with hurtling down the side of a mountain, got to Rheeder. He started as the odds-on favourite, but couldn't hold it together. He cracked and crashed, twice.

"The pressure for the Triple Crown was so immense that I actually got sick. Like, the day of the contest and it wasn't food poisoning, it wasn't a flu bug. It must have just been the stress and the pressure and I completely just crashed," Rheeder said.

"It's the hardest thing in the whole world to be able to block everything out and forget about all the nerves and the pressure."

Fast forward a year and after countless hours of practice and preparation, Rheeder executed a nearly flawless run scoring a 93 and earning the right to check a Joyride championship off his career bucket list.

"Right before my run, I was dealing with all the different s-t that's going on in



Brett Rheeder back flips off a jump at Red Bull Joyride on Aug. 21 in Whistler, B.C.

PHOTOS: JUSSI GRZMAR/RED BULL CONTENT POOL

your head and I was like, 'Alright, well I practised my ass off, I know that I can do every trick in the run,'" Rheeder said.

"If you do your homework right, then you have a better chance of landing your run, but it's also lots of mental stuff to be able to do a run like that."

His homework began on 88 acres of land in Queensville, Ont., about an hour north of Toronto.

Rheeder had a love for speed from a young age and was a cross-country bike racer before dirt-jumping "took over" his life.

Fortuitously, his father Sean owned a demolition business.

"I was able to build whatever I wanted, how I wanted with

**"The run I did, I was doing it all week and I practise it all year so that's just another day."**

Brett Rheeder

the machines so that's kind of how I got into it," Rheeder said of the dirt jumps that dot his family's backyard.

As the slopestyle community started to take shape across the country, Rheeder began competing against and developing relationships with athletes around the world.

See the winning run at [metronews.ca](http://metronews.ca)

## + QUICK Q&A

### BEST DESTINATION

Queenstown, New Zealand is Rheeder's favourite international stop on tour.

"Actually everywhere in New Zealand is cool, it's kind of like Canada but you're so far away. The lifestyle's so laid back."

### OLYMPIC DREAM

"I dream every single night of being an Olympic athlete."

Rheeder says he'd love to represent Canada on the world stage someday, but doesn't see slopestyle riding being adopted by the Games before his career is over.

### FRONT FLIPS VS. BACK

"You've got to come into the jump leaning back kind of and then you grab your back brake and lunge forward, it's not a fun trick to do."

The physics-bending front flip Rheeder performs has a ridiculous degree of difficulty.

growing up there because I know its qualities now. Now that I go back, I realize I was blind to it."

Rheeder recently purchased land near Vernon, B.C., where he plans to build a house and doubtlessly more jumps. He's currently shifting his sights to Red Bull Rampage which goes Oct. 14 in Virgin, Utah.

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## IN BRIEF

### Siemian gets big Broncos job

From afterthought to starter, Trevor Siemian is Peyton Manning's successor.

Coach Gary Kubiak told the team Monday that Siemian will be the starting quarterback when the Denver Broncos face Carolina in the season opener Sept. 8.

Siemian will become the only quarterback with zero passing attempts to take over a defending Super Bowl champion in Week 1. THE ASSOCIATED PRESS

### Longhorns keep up mystery

Texas coach Charlie Strong is keeping his big secret until game day. Strong on Monday declined to say will start at QB between freshman Shane Buechele or senior Tyrone Swoopes. THE ASSOCIATED PRESS

### Bosh releases video of him back on hardwood

Chris Bosh is back on the basketball court, dropping a big hint that he plans to try playing for the Miami Heat again this season.

Bosh released a video Monday on Snapchat of him going through a non-contact workout. It's the first time this off-season that he's revealed doing any on-court work. Each of his last two seasons were cut short by the formation of blood clots. THE ASSOCIATED PRESS

### Hart leaves England camp

The English Football Association says keeper Joe Hart has been given permission to leave the England camp, amid speculation he is about to be loaned to Italian side Torino. THE ASSOCIATED PRESS



# RECIPE Slow Cooker Beef Chili



PHOTO: MAYA VISNIVE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

You won't believe such complex flavours come out of such little effort. Thank your slow cooker for doing all the work for you, alright?

**Ready in 8 hours, 20 minutes**

Prep time: 10 minutes  
Cook time: 8 hours, 10 minutes  
Serves 4 to 6

## Ingredients

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)

- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

## Directions

**1.** Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.

**2.** Cook on low for 8 hours. Serve with some chopped green onion for garnish.

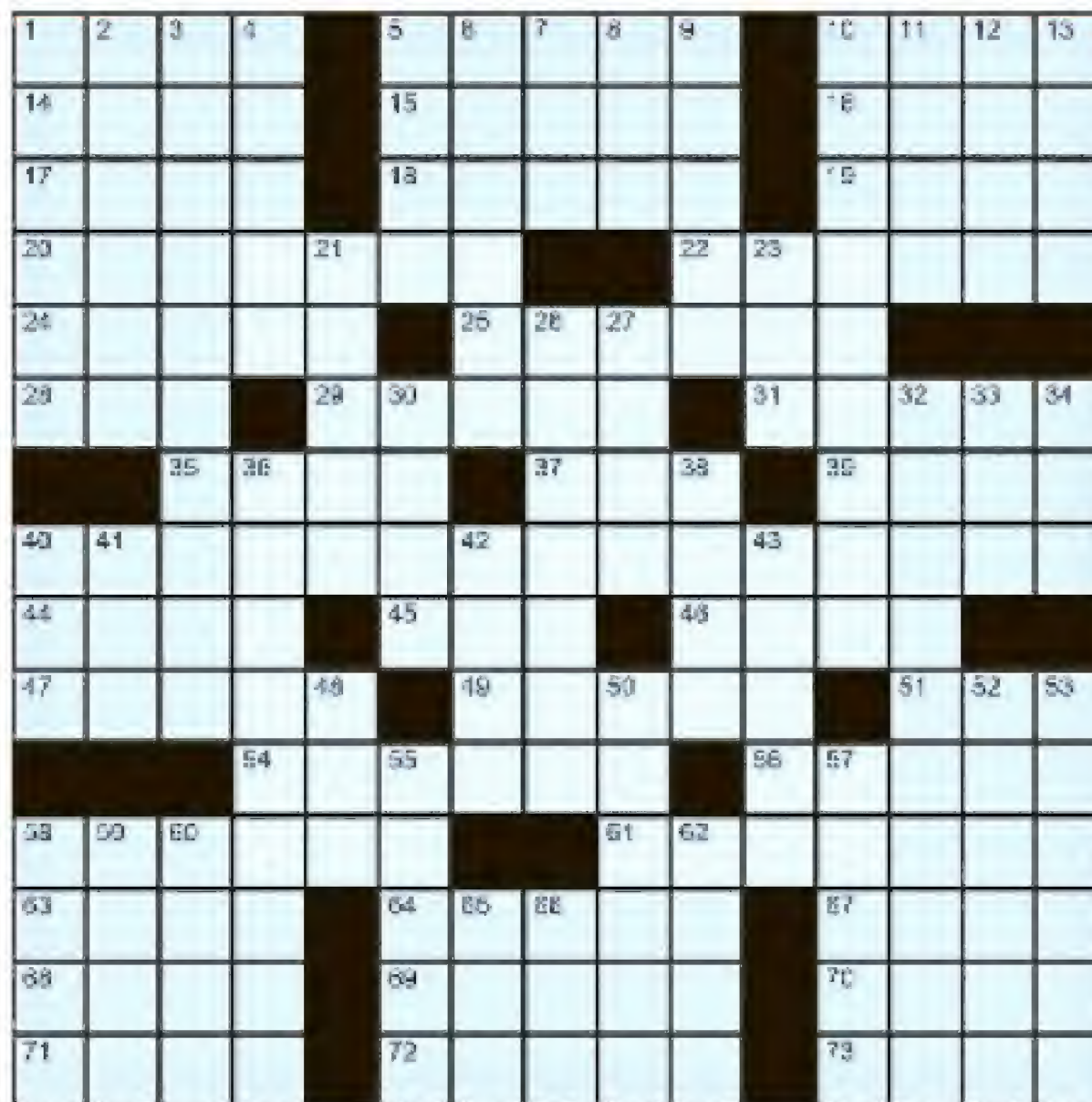
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

- Come clean, \_\_ up
- Bar, in law
- Bowler feature
- Literary collection [abbr.]
- Steam bath
- Vegas gambling alternative
- Hollywood legend Mr. Grant
- Chapel area
- Pool's preposition
- Wolfgang \_\_ Mozart (b.1756 - d.1791)
- Sinew
- Satan
- Measure
- Yalie
- Matter at hand
- Plucked banjo string sound
- Memo
- Greg to Marcia, for short
- "\_\_ you five dollars that..." (Challenge opener)
- Do this as a border guard at a Canada-USA crossing; 2 wds.
- \_\_ + The Mechanics (80s band)
- Definite article
- Cod-like fish
- Actress, Lara \_\_ Boyle
- "He doesn't know how to 'stay' \_\_ yet, but he understands 'walkie'..." said the new puppy owner to the dog trainer
- Actor Alastair
- Quadrant
- Street in Quebec City, \_\_ Sault-au-Matelot



- Dar es \_\_ (Tanzania city)
- Title of Percy Bysshe Shelley's elegy for John Keats
- Swanky
- Stop driving
- "\_\_" (Response to "How are ya?")
- "And \_\_ and..."

- (Bandleader's counting intro)
- Raring to go
- Prefix to 'phony' (Harsh noise)
- Tinted
- Weaponize again
- Chalcedony variety

## DOWN

- Window dressing
- Manicurist's lacquer
- Igor of classical music composing
- British royal, to the press, when she first stepped onto the world stage in the early 1980s; 2 wds.
- Old Testament twin
- Dips for tortillas
- King \_\_
- Bird \_\_ Wire (1990)
- Ex \_\_ communications (Legal no-no)
- Canadian canned

- sardines brand
- Rip apart
- Call \_\_ question
- Earth's night light
- Upper crust
- 'He is' in Montreal, Il \_\_
- Bring down/overthrow
- Very dry
- Faction
- Royal Canadian Navy gig; 2 wds.
- Born, bride-style
- Lettered sports cars
- \_\_ sandwich
- "\_\_" (Hey, I just spotted you here)
- Global currency org.
- Nada
- Norse thunder god
- Medical prefix meaning 'Healing'
- Perfume by Cacharel
- Salt \_\_
- Complete nonsense
- Canadian Arctic animal
- Earthy pigment
- Canned brand of Canadian chick peas
- Carangid fish
- Skipper's salute!
- Queue
- 'Lubri' add-on (Skin moisturizer brand)
- Norma \_\_ (1979)
- Palindromic honorific

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
This is a lovely, playful time for Aries! Accept invitations to party. Enjoy romance, entertaining diversions plus playful activities with children.

**Taurus** April 21 - May 21  
Home and family are your primary focus today. Home repairs, plus redecorating projects, are on your mind. However, you might want to just cocoon today.

**Gemini** May 22 - June 21  
Your daily pace is busy with short trips, discussions with everyone and increased reading and writing. Today you feel a strong need to be heard by someone.

**Cancer** June 22 - July 23  
You have moneymaking ideas because you want to boost your income now. However, you also are buying beautiful things for yourself and loved ones. Yes, money is on your mind.

**Leo** July 24 - Aug. 23  
The Sun, the Moon, Mercury and Venus all are in Leo! Yes, you will rule! This is a good day to ask the universe for a favor, because you just might get it.

**Virgo** Aug. 24 - Sept. 23  
You prefer to work alone or behind the scenes today, because you feel somewhat withdrawn. You need a breather from the busyness of everything going on around you. (Gasp!)

**Libra** Sept. 24 - Oct. 23  
This is a popular time for Libras! Enjoy interactions with others, especially in groups. Younger, creative people will appeal to you now

**Scorpio** Oct. 24 - Nov. 22  
You make an excellent impression on bosses, parents and VIPs right now — and you can use this to your advantage. Ask for what you want. Get the approval you need. Try it!

**Sagittarius** Nov. 23 - Dec. 21  
Travel and a chance to get further education or training are easy things for you to accomplish right now. Do anything to break free from your daily, humdrum routine.

**Capricorn** Dec. 22 - Jan. 20  
This is a good day to ask for a loan or mortgage, because you can benefit from the wealth and resources of others at this time. Today, in particular, the Moon will help you even more so.

**Aquarius** Jan. 21 - Feb. 19  
You have a strong focus now on partners and close friends. Things will flow along easiest today if you compromise with others. Cut someone some slack

**Pisces** Feb. 20 - March 20  
Act on your urge to get better organized, because this will please you. Co-workers are cooperative, that's for sure.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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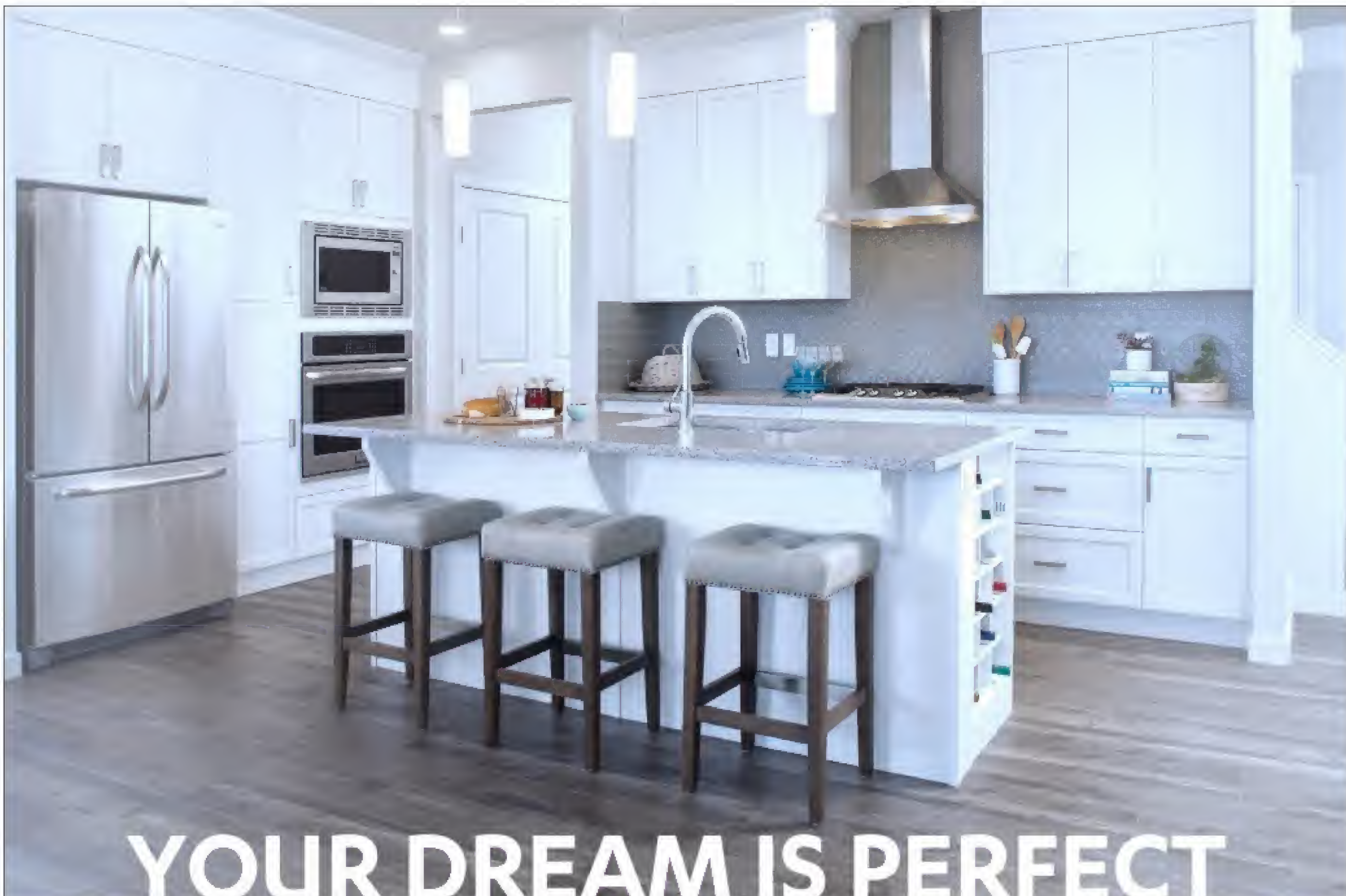
## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	5	8	3	9	6	7	2	4
7	4	3	2	8	5	9	6	1
2	9	6	4	1	7	8	3	5
5	8	7	9	6	2	1	4	3
4	6	2	7	3	1	5	9	8
9	3	1	5	4	8	2	7	6
8	7	4	6	5	9	3	1	2
3	2	5	1	7	4	6	8	9
6	1	9	8	2	3	4	5	7





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FRONT GARAGE  
FROM THE **\$490s**

DUPLEXES  
FROM THE **\$390s**

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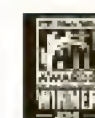
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FROM THE **\$300s**

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